

WOMEN

	A-cut 2010-11	B-cut 2010-11	A-cut 2011-12	B-cut 2011-12
Individual				
50 Free	23.56	24.10	23.35	23.97
100 Free	51.26	52.69	50.73	52.32
200 Free	1:51.35	1:54.54	1:50.15	1:53.91
500 Free	4:57.55	5:05.36	4:53.73	5:04.32
1650 Free	17:10.98	17:39.80	16:59.07	17:39.80
100 Back	57.27	58.77	56.29	58.43
200 Back	2:03.86	2:07.59	2:01.94	2:06.97
100 Breast	1:04.46	1:06.57	1:03.45	1:06.38
200 Breast	2:20.76	2:24.86	2:18.14	2:24.39
100 Fly	56.24	58.13	55.91	57.77
200 Fly	2:04.98	2:08.59	2:03.09	2:08.59
200 IM	2:05.81	2:09.41	2:05.07	2:08.67
400 IM	4:27.77	4:36.69	4:25.15	4:36.69
Relays				
200 FR	1:34.30	1:36.94	1:33.54	1:36.61
400 FR	3:27.84	3:33.95	3:26.59	3:32.78
800 FR	7:30.77	7:46.20	7:30.34	7:44.07
200 MR	1:44.91	1:48.00	1:43.60	1:47.16
400 MR	3:49.62	3:56.60	3:46.52	3:54.99

MEN

	A-cut 2010-11	B-cut 2010-11	A-cut 2011-12	B-cut 2011-12
50 Free	20.43	20.99	20.39	20.93
100 Free	44.98	46.09	44.98	46.04
200 Free	1:39.69	1:42.05	1:39.33	1:41.75
500 Free	4:30.11	4:37.33	4:29.84	4:37.33
15:45.55	15:45.55	16:16.65	15:42.52	16:16.65
100 Back	50.22	52.05	49.85	51.83
200 Back	1:49.93	1:53.32	1:49.23	1:53.27
100 Breast	56.02	57.81	56.02	57.81
200 Breast	2:02.83	2:06.71	2:02.55	2:06.71
100 Fly	49.40	50.74	49.34	50.67
200 Fly	1:50.86	1:53.87	1:50.39	1:53.87
200 IM	1:51.98	1:54.73	1:51.22	1:54.44
400 IM	3:59.78	4:07.81	3:58.49	4:07.81
200 FR	1:21.56	1:23.51	1:21.50	1:23.51
400 FR	3:00.73	3:05.40	3:00.73	3:05.20
800 FR	6:42.05	6:53.75	6:41.67	6:53.02
200 MR	1:31.07	1:33.53	1:30.77	1:33.24
400 MR	3:20.54	3:26.83	3:19.73	3:25.98